



Monday	Tuesday	Wednesday
	<b>1</b> 11:45 Lunch Meatloaf, whole grain bread-mixed veggies, mashed potatoes, fruit 1:00 Movie: The Debt 4:00 Wii Bowling 5:15 Drop In Bridge	<b>2</b> 10:30 Line Dancing, Social Hall 11:45 Lunch Baked breaded fish-brown rice, peas and pearl onions, carrot raisin salad, fruit 12:45 Bingo, Social Hall 5:30 Movie: The Debt
<b>7</b> 10:45 Dancing, Social Hall 11:45 Lunch Chicken and turkey tortellini salad w/cauliflower, peas, tomatoes, broccoli and carrots, whole grain bread and fruit. 1:00 Big Bingo, Social Hall	<b>8</b> 8:50 Eyeglass Repair 10:30 Book Club - 'Pearl of China' 11:00 Presentation: "Partnering with your Physician" 11:45 Lunch Teriyaki chicken, brown rice, Japanese blend veggies, Green salad w/ tomatoes, pineapple chunks 1:00 Movie: The Way 4:00 Wii Bowling 5:15 Drop In Bridge	<b>9</b> 10:30 Line Dancing, Social Hall 11:45 Lunch Beef enchilada, Spanish rice, corn, green salad, fruit 12:45 Bingo, Social Hall 5:30 Movie: The Way
<b>14</b> 8:30 HICAP 10:45 Dancing, Social Hall 11:45 Lunch Chicken noodle soup, salad bar w/ broccoli, beets, onions, lettuce, tomatoes, cucumber, half egg and cabbage, dinner roll, fruit	<b>15</b> 10:00 CSA Information + Referral: MediCal 11:45 Lunch B.B.Q. beef, whole grain bread, green beans and cauliflower, green salad w/ tomatoes, fruit 1:00 Movie: Hugo 4:00 Wii Bowling 5:15 Drop In Bridge	<b>16</b> 10:00 Podiatry Screening 10:30 Line Dancing, Social Hall 11:45 Lunch Chef's choice fish, brown rice, diced carrots, coleslaw w/ apples and mandarin oranges, watermelon 12:45 Bingo, Social Hall 2:00 Senior Advisory Committee Meeting 2:30 Workshop: Microsoft Word 5:30 Movie: Hugo
<b>21</b> 10:45 Dancing, Social Hall 11:45 Lunch Beef stroganoff w/ mushrooms, noodles, Calif. Blend veggies, green salad, sugar free gelatin w/ fruit 2:00 Newcomer's Group	<b>22</b> 8:30 HICAP 8:50 Eyeglass Repair 11:45 Lunch Oven breaded baked chicken, whole grain bread, peas and carrots, baked potato, orange 1:00 Movie: The Ides of March 4:00 Wii Bowling 5:15 Drop In Bridge	<b>23</b> 10:30 Line Dancing, Social Hall 11:45 Lunch Frittata w/eggs, cheese, ham, broccoli and zucchini, pasta with pesto, mixed veggies, green salad, pineapple 12:30 Alzheimer's Screening 12:45 Bingo, Social Hall 5:30 Movie: The Ides of March
<b>28</b> <b>Memorial Day</b> <b>Closed</b>	<b>29</b> 11:45 Lunch Chef's choice fish, brown rice, Japanese veggies, green salad, fruit 1:00 Movie: My Week With Marilyn 4:00 Wii Bowling 5:15 Drop In Bridge	<b>30</b> 10:30 Line Dancing, Social Hall 11:45 Lunch Lasagna, bread-corn w/red bell peppers, coleslaw, fruit 12:45 Bingo, Social Hall 5:30 Movie: My Week With Marilyn

Thursday		Friday	Low-Fat Blueberry Bran Muffins
<b>3</b> 8:30 Notary Service 10:30 Bookmobile <b>11:45 Lunch</b> Lasagna, corn coleslaw, fruit cocktail 1:00 SALA Appointments	<b>4</b> 10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Lunch</b> Boneless pork chop w/ mushroom gravy, brown rice, 5 way veggies, tropical fruit 1:00 Movie: The Debt		<b>INGREDIENTS:</b> 1 1/2 cups wheat bran 1 cup nonfat milk 1/2 cup unsweetened applesauce 1 egg 2/3 cup brown sugar 1/2 teaspoon vanilla extract 1/2 cup all-purpose flour 1/2 cup whole wheat flour 1 teaspoon baking soda 1 teaspoon baking powder 1/2 teaspoon salt 1 cup blueberries  <b>DIRECTIONS:</b> 1. Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or use paper muffin liners. Mix together wheat bran and milk, and let stand for 10 minutes.  2. In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Beat in bran mixture. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt. Stir into bran mixture until just blended. Fold in blueberries. Scoop into muffin cups. Bake 20 minutes in the preheated oven, until lightly browned.  3. Bake in preheated oven for 15 to 20 minutes, or until tops spring back when lightly tapped.
<b>10</b> 10:30 Bookmobile <b>11:45 Lunch</b> Baked fish, brown rice, chef's choice veggies, green salad, fruit Lunch Program's "Mother's Day Celebration" 1:00 Workshop: Driving Cessation	<b>11</b> 10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Lunch</b> Chicken cacciatore, pasta, green salad, mandarin oranges 1:00 Movie: The Way		
<b>17</b> 10:30 Bookmobile <b>11:45 Lunch</b> Seasoned meatballs, baked penne pasta, Italian veggies, tossed salad-tropical fruit 1:00 SALA Appointments 1:00 Workshop: Senior Nutrition	<b>18</b> 10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Lunch</b> Chili verde, flour tortilla, fresh cooked pinto beans, green salad, fruit 1:00 Movie: Hugo		
<b>24</b> 10:30 Bookmobile <b>11:45 Lunch</b> Ron's chicken, brown rice, oriental blend veggies, green salad, mandarin oranges 1:00 Workshop: Senior Home Safety	<b>25</b> 10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Lunch</b> Tuna sandwich w/celery and onions on whole grain bread, veggie soup, carrot raisin salad, fruit Come Celebrate Birthdays! 1:00 Movie: The Ides of March		
<b>31</b> 10:30 Bookmobile <b>11:45 Lunch</b> Pork chop-mushroom gravy, whole grain roll, 4 way blend veggies, green salad, fruit	<b>NUTRITION PROGRAM</b> - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.		
 = Meal contains more than 1000mg sodium			

Mountain View Senior Nutrition Program 650-964-6586



= Meal contains more than 1000mg sodium